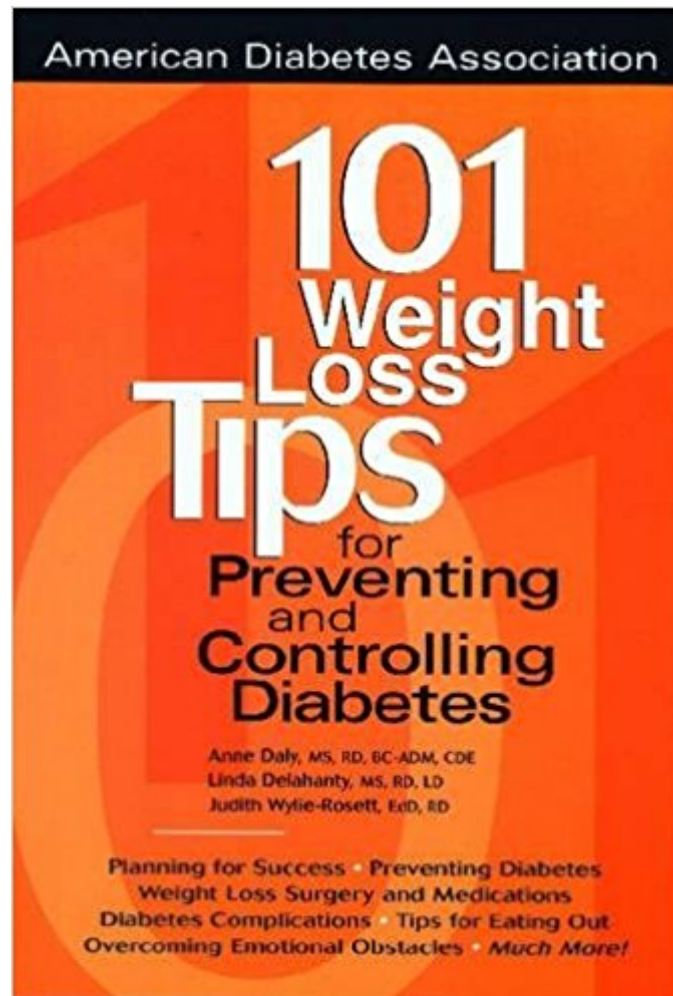




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101 Weight Loss Tips For Preventing And Controlling Diabetes



Synopsis

Learn how to stop sabotaging your own weight-loss efforts and how to burn calories like crazy. Get the world's best tips on weight loss and overcoming the obstacles to losing weight, eating right, and exercising.

Book Information

Series: 101 Tips Series

Paperback: 128 pages

Publisher: American Diabetes Association; 1 edition (May 16, 2002)

Language: English

ISBN-10: 1580401325

ISBN-13: 978-1580401326

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,111,082 in Books (See Top 100 in Books) #87 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #1557 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#) #5119 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

Anne Daly, M.S., R.D., L.D., C.D.E., is the cofounder and director of nutrition and diabetes education at the Springfield Diabetes and Endocrine Center in Springfield, Illinois. Judith Wylie-Rosett, Ed.D., R.D., is the associate director of the Diabetes Research and Training Center at Yeshiva University. Linda Delehanty, M.S., R.D., is on staff at Massachusetts General Hospital in Framingham.

I read this book every so often to keep me motivated to lose the weight and keep it off. As I face the years ahead, the last thing I want is to experience health complications due to diabetes.

I like it because it is easy to follow and has helpful diagrams.

What a rip off. I wasted my money. This was a horrible book and the information that was provided was acting like you were some kind of child or some idiot. I wish I could get my money back.101

Weight Loss Tips for Preventing and Controlling Diabetes

Collaboratively written and developed by Anne Daly (current national president of the American Diabetes Association), Linda Delahanty (nutrition counselor and diabetes specialist), and Judith Wylie-Rosett (co-director of prevention and control for the Diabetes Research and Training Center), 101 Weight Loss Tips For Preventing And Controlling Diabetes is an excellent and authoritative informational sourcebook and springboard which is ideal for non-specialist general readers seeking to learn more about controlling their weight and dealing with their diabetes. Quick and easy to read, offering solid, well-researched information drawn directly from the American Diabetes Association, 101 Weight Loss Tips For Preventing And Controlling Diabetes is a superbly presented and very highly recommended introductory primer, especially for people with a family history or other risk factors of diabetes.

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